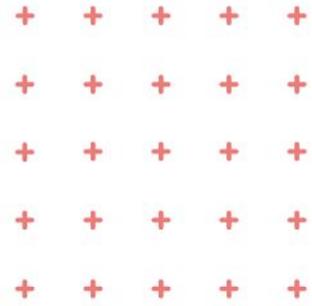


GENERATION SPIRIT⁺



**PRACTICE AND
SPIRIT-RAISING GUIDE**





DEAR GENERATION SPIRIT FAMILY,

At Generation Spirit, we believe that everyone needs a cheerleader and anyone can be a cheerleader. This is especially true now. The creative ways our teams are showing up and supporting their schools and greater communities prove that nothing can stop the power of our mission to create a more spirited and inclusive world.

This guide includes a collection of ideas given to us over the past few months by team captains and advisors nationwide. Whether your team is operating virtually, in a hybrid model, or physically distancing in person, this guide offers something for everyone.

If your team has an idea that we haven't thought of yet, let us know! We'll continue to update this document with more ideas as they come in.

As always, please don't hesitate to reach out if there's anything Generation Spirit can do to help your team.

With cheer,

HALI, HAILEY, MEGHAN, AND SARAH

THE GENERATION SPIRIT TRAINING STAFF



IDEAS FOR VIRTUAL PRACTICES

General Guidelines

Set virtual practice expectations. Make sure to include Zoom or Google Meet etiquette, what to wear, and what material (e.g., cheers, sidelines or dances) you will be practicing.

Record each meeting so team members who might have missed practice can watch at a convenient time.

Start a Band or Google Classroom. Both of these are great tools for sending out information about practice times, materials needed for practice, a breakdown of the activities happening during practice, videos of new sidelines, cheers, or dances, etc. This will allow your team to be prepared for each virtual practice.

Value connection over perfection. Skill building will happen naturally, but the most important thing is to have fun, bond, and enjoy connecting with your team.

Games & Activities

Create a Jeopardy game with sections about each teammate to facilitate getting to know one another.

Create a Kahoot. Kahoot is an app where you can quickly create a quiz about any topic. After creating your quiz (about different motions, cheers, terms, team expectations, etc.) you will receive a “game pin” that you can send to your teammates. From there, your teammates can take your quiz from their phone or computer.

Host a “partner reveal” for your season. You can do this through a jeopardy game, screen sharing with a PowerPoint, or an announcement with exciting music in the background.

Play chant or cheer roulette. Spotlight a different team member and allow them to lead the team in their favorite chant or cheer.

Engage in team exercise or yoga. Group workouts are great for team bonding, and exercises like yoga are beneficial for strength, balance, endurance, and flexibility.

Host a virtual scavenger hunt. Explain to your team that you will be having a scavenger hunt with items they have in their home. Ask your teammates to find an item from their home that is special to them. Once they return with their item, each teammate can explain what that item is and why it is special. The same process can be repeated with items in your school colors, items that start with the same letter as your school mascot, etc. You can make this a race as well. For example, the first team member to return with 3 designated items receives a point. The team as a whole can play to a certain number of points.

Spotlight your teammates' dance moves. Ask each team member to create a one or two 8-count dance to teach the team.

Practice your jumps. Stretch as a team and work on technique jumps (T jump/tuck jump/spread eagle). Work through each jump as a team. Then, allow each team member to show their best or favorite jump.

Host a sign workshop. Have each team member grab an item similar to a sign (a thin book or piece of cardboard) and review proper sign technique (how to show signs properly, how to flip signs, dos and don'ts of sign work).

Teach new cheers, chants, or dances. Remember to take it slowly and spend several practices reviewing. For dances, remember to give your team a copy of the music.

Play music trivia. Ask each team member to submit their favorite song via Band, Google Classroom, Remind, etc. Then, play the song and allow teammates to guess which team member selected which song.

Try a team bonding game. Games like "Would you rather," "Never have I ever," and "Two truths and a lie" can spark fun conversations and inside jokes within your team.

IDEAS FOR VIRTUAL SPIRIT RAISING

Host a virtual pep rally. Collaborate with your advisors, teammates, and other sports or school clubs to record a pep rally that can be sent to the student body. The pep rally could start with a few students welcoming everyone to the virtual pep rally, followed by a video of your team leading everyone in a cheer. From there, you could include videos of teachers or other faculty members sending positive messages to the student body. Don't

be afraid to use ideas from virtual practices - just tweak them so they can work in a virtual pep rally. For example, you could have a Jeopardy-style game to get to know teachers or seniors, create a Kahoot about school facts, or host a virtual talent show. Get creative!

Virtual spirit week. This idea works well for virtual and hybrid learning. Post the themes for virtual spirit week on social media or ask your school's athletic director to send out a notification or email with the themes. The student body can dress in themes while they have virtual or in-person learning. These themes could include superhero day, favorite sports team day, pajama day, school spirit day, etc.

Make signs. This also works well for hybrid learning. Your team can make signs during virtual practice and hang them up in halls for in-person school days.

Develop new material. Divide your team into smaller groups. Send each group to a breakout room via Zoom and have them create new chants for each grade.

Record a personal cheer. Record the team doing cheers for each sport, club, or group.

Start a team Instagram account. Follow other sports, clubs, or groups from your school, surrounding area teams, @generationspirit, and other Generation Spirit teams.

Spotlight a student of the week. Give a shout out to a new team member each week on your Instagram, and share fun facts about that team member.

Spotlight a teacher/staff member of the week. Highlight a different school staff member (can include teachers, administration, custodial staff, cafeteria staff, school aids, etc.) on your team Instagram.

Spotlight individuals. Feature individuals from various sports, clubs, or groups on your team Instagram.

Support essential workers. Record your team doing a cheer or chant for local essential workers (health care workers, police officers, firefighters, grocery store employees, etc.).

IDEAS FOR IN-PERSON PRACTICE

Please note: these ideas are geared toward physically distanced practices. Don't be afraid to review expectations for physical distancing and mask wearing at the start of each practice.

Decorate your “spot.” Have each team member design their own poster board or “dot”. Then, place each team member's marker 6 feet apart to practice physical distancing. This can also be used as a team bonding game. For example, ask each team member to stand on the marker of a person that they would like to know more about, stand on the marker of a person who has a pet, stand on the marker of someone who is on another sports team, etc. (just be sure that only one person at a time stands on a marker).

Decorate personal face masks, water bottles, and individual hand sanitizers.

Emphasize the concept that sometimes we care for one another best when we refrain from sharing personal items.

Practice safe ways to greet one another, like air hugs, distance hand shakes, air high fives, etc.

Break into small groups. Have each group review three cheers or chants. Then, have each group step to the front and review those cheers or chants with the entire group.

Use drills to build skills. Practice squats for stunts or jumps, hip flexor lifts for jumps, high kicks for jumps, etc.

Practice current material, including cheers, chants, or dances

Have fun with choreography and music. Teach a one or two 8-count dance that can be performed to almost any song. Ask team members their favorite song and have the team perform the dance to that team member's favorite song. (This can be beneficial for sporting events when the band plays a song for which your team does not already have a dance).

IDEAS FOR IN-PERSON SPIRIT RAISING

** Please note: These ideas are geared toward raising spirit outside of cheering at games**

Reach out to your Athletic Director. Make sure you are receiving up-to-date information about changing regulations. This will help your spirit-raising ideas evolve as the regulations at your school evolve.

Reach out to the coaches or advisors for other teams and clubs to let them know about your team. Ask for suggestions on how you can best support them.

Decorate lockers of various sports teams, groups, or clubs.

Show teachers how much you appreciate them! Decorate a teacher's door or write a kind note with words of encouragement. Create a special cheer for a teacher and perform it outside of his/her classroom before or after school.

Make signs or write thank-you notes for the janitorial and cafeteria staff.

Tie balloons (in your school colors!) to random car antennas in the school parking lot for a spirited surprise.

Wish teams good luck over the PA system during morning or afternoon announcements.

Cheer on teams from the parking lot as they board the bus for away games.

Surprise students with a cheer during lunch or study hall.

Decorate the gym with posters for each team.

Attend events as a team (sports, music department performances, clubs, etc). Sometimes, even just showing up for teams that don't typically have much of an audience can make a huge difference.

Start a "Spirit Forward" program. Team members initiate acts of kindness (or spirit) for individuals or groups. Leave a calling card that says "You've just been given an act of spirit by [team name]. Please pay it forward by giving an act of spirit to someone else. Let them know you appreciate them and ask them to likewise pay it forward."

Decorate the fence of your football field, soccer field, tennis court, etc.

Place yard signs for various sports, clubs, or faculty members

Your team can take the lead in being the primary spirit raisers in your school/community! Get creative!